

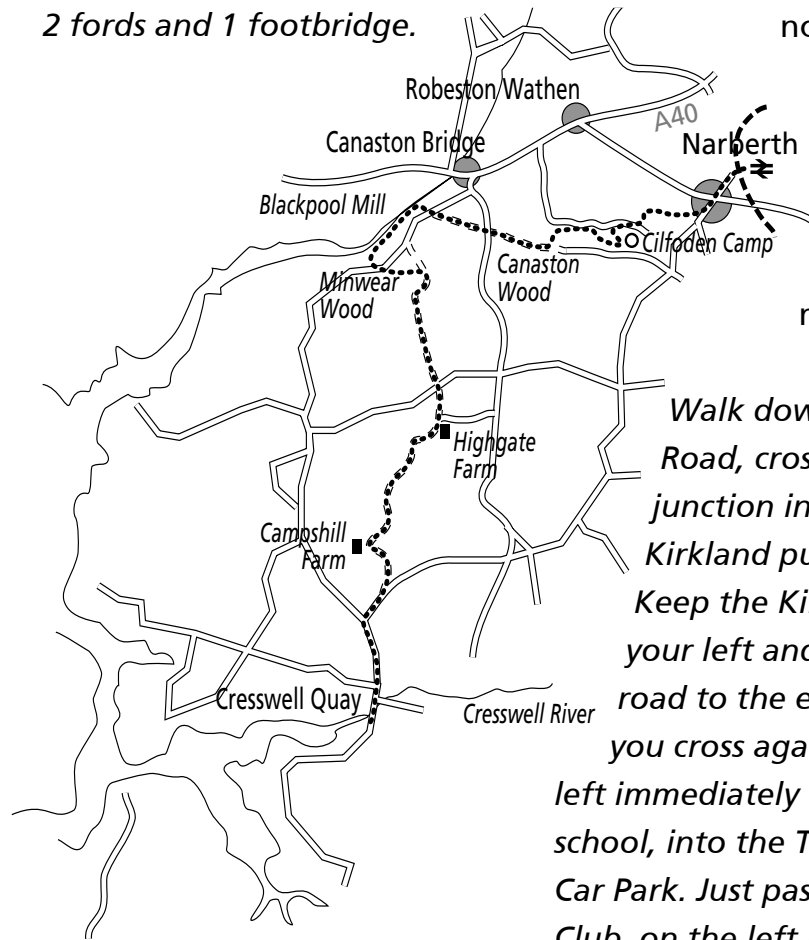


PEMBROKESHIRE GREENWAYS

Walk from... Narberth to Cresswell Quay

From the railway station outside the small country town of Narberth, you can walk through oak woodland and coniferous forestry to the 19th century corn mill at Blackpool Mill, situated on the banks of the Eastern Cleddau river. From here, woodland paths, green lanes and quiet roads lead to Cresswell Quay, a delightful spot at the head of the Cresswell River.

The route is 10.5m/16.8km, 5-6 hrs. The route crosses several streams and the lanes in the southern section can be very wet and muddy. Ascents, 238mtrs/773ft, descents 309mtrs/1004ft. Height difference 91mtrs/295ft fall. There are 3 stiles, 2 gates, 2 fords and 1 footbridge.



From Narberth Station, walk up Station Terrace, turn left and then right into Narberth.

NARBERTH S,R,B,A,I, CP. Train, Buses 322, 381, 385, 386, 390, 391.

The Mabinogion medieval folk tales tell of the Court of Pwyll at 'Arberth'. The town grew up around its Norman castle to become an important local

centre. With the coming of the railway in 1866 the town developed further to become the busy place it is today, with interesting building, shops and a museum - where panels illustrating the Mabinogion tales are displayed. Narberth is on the Landsker line, to the

north is 'the Welshry' (as it was known) where the first language of many is Welsh.

Walk down Station Road, crossing over the junction in front of the Kirkland public house. Keep the Kirkland to your left and follow this road to the end where you cross again and turn left immediately before the school, into the Town Moor Car Park. Just past the Social Club, on the left hand side of the Car Park, you will see the slope down to Carding Mill Lane. Carding Mill Lane leads to the former Carding Mill, where wool was prepared for spinning. Turn right at the minor road and continue for 1/2m / 3/4km, past Returno Farm to where a footpath enters Canaston Woods on the left.

CANASTON WOOD

This is a large area of ancient woodland, which was once an important source of timber for shipbuilding and charcoal making, as well as providing hunting for the local gentry.

Follow the path until it joins another path, turn right, and look for a path on your right, which will take you up to Cilfoden Camp.

CILFODEN CAMP

The remains of an Iron Age fort. The path leads over the ditches and banks, which would probably have been topped by a wooden palisade when the fort was in use some 2500 years ago. The fort is home to some of the wood's remaining ancient oaks.

Follow the track through the fort, along the ridge and round to the left until it joins the forest road. Turn right and follow the forest road, crossing the A4075, all the way to Blackpool Mill.

BLACKPOOL MILL S,R,I

(summer only), T,CP
An early 19th century corn mill situated at the tidal limit of the Daugleddau estuary. Boats transported

grain and flour to and from local villages and the port of Milford Haven.

Passing the mill, continue 200mtrs/ 220yds along the minor road and take the path leading into the woods on the right. Continue on this path passing on the left, a stepped path up to a picnic area and on the right, a viewpoint offering a vista across the reed beds of the Eastern Cleddau. Follow the forest path as it swings round to the left, crosses the minor road and climbs into Minwear Wood. Emerging from the woods take the next path on the right up to Forest Lodge. From there follow the lane for 1m/1.6km, turn right onto the minor road, cross over and take the first track on the left, marked as a permissive bridleway. Follow this to Highgate Farm and take a right turn. Farm tracks and green lanes lead to Flimston and Campshill Farm. The lane crosses a stream known as Waddock Lake.

Turn right at the road junction and continue along through the woods to another road junction at Oak Hill. Turn left, carry straight on at the next two junctions

until you come to Cresswell Quay.

CRESSWELL QUAY R,T,A.

Buses 361, 386

Once a busy place, with coal, limestone and agricultural produce being shipped downstream. Now mostly frequented by visitors, who come to enjoy the atmosphere of this special place. It is not hard to believe that you are 237 1/2 miles from London (as stated on the old 'AA' plaque on the wall of the pub).

**National Rail Enquiries on
08457 48 49 50
Public Transport
Information Cymru
0870 608 2608**

**The key to en-route facilities
S - Shop, R - Refreshments,
B - Bank, A - Accommodation,
I - Information, CP - Car Park,
T - Toilet, SP - Street Parking.**

**Walking Details and
Directions are shown in
italics. A copy of Ordnance
Survey 1:50 Landranger Sheet
158 or 1:25 Outdoor Leisure
Sheet 36 are recommended.
All distances/times given are
approximate.**